



1928

RESORTS *in the* Canadian Pacific Rockies

WHERE TO STAY

CANADIAN PACIFIC HOTELS IN THE ROCKIES

Banff Springs Hotel
Banff, Alberta
Altitude 4,625 feet

Chateau Lake Louise
Lake Louise, Alberta
Altitude 5,670 feet.

Emerald Lake Chalet
Near Field, B.C.
Altitude 4,262 feet.

Hotel Sicamous
Sicamous, B.C.
Altitude 1,146 feet.

In the heart of Rocky Mountains National Park, backed by three splendid mountain ranges. Alpine climbing, motoring and drives on good roads, golf, bathing, hot sulphur springs, tennis, fishing, boating and riding. *Open May 15th to September 30th. European plan.*

Facing an exquisite Alpine Lake in Rocky Mountains National Park. Alpine climbing with Swiss guides, pony trips, swimming, drives or motoring, boating, fishing. *Open June 1st to September 30th. European plan.*

Situated at the foot of Mount Burgess, amidst the picturesque Alpine scenery of the Yoho National Park. Roads and trails to the Burgess Pass, Yoho Valley, etc. Boating and fishing. *Open June 15th to September 15th. American plan.*

Junction for the orchard districts of the Okanagan Valley, and stop-over point for those who wish to see the Canyons by daylight. Good boating and excellent trout fishing in Shuswap Lake. *Open all year. American plan.*

BUNGALOW CAMPS REACHED BY CANADIAN PACIFIC

Except Moraine Lake, these are all—subject to road conditions—open from June 15th to Sept. 15th.

Castle Mountain
Altitude 5,600 feet.

Vermilion River
Altitude 3,952 feet.

Radium Hot Springs
Altitude 3,456 feet.

Lake Windermere
Altitude 2,700 feet.

Moraine Lake
Altitude 6,190 feet.

Lake O'Hara
Altitude 6,664 feet.

Wapta
Altitude 5,190 feet.

Yoho Valley
Altitude 5,000 feet.

Reached either by road or by rail from Golden. Centre for the beautiful Windermere Valley—riding, camping, motoring, bathing, boating, fishing and glacier excursions.

By motor from Lake Louise. Head of Valley of the Ten Peaks. Trout fishing, pony trails, climbs, etc. *Open June 1st to September 30th.*

By trail from Hector, B.C. Riding, walking, mountain climbing, trips to Lake McArthur and Lake Oesa, also to Abbot Pass.

Near Hector Station. Centre for explorations. Excursions to Lake O'Hara, Yoho Valley, Sherbrooke Lake, Kicking Horse Canyon, drives.

By motor from Field or Lake Louise, in one of the loveliest valleys in the Rockies. Takakkaw Falls, Summit Lake, Yoho Glacier, hikes, climbs, pony trips.

Canadian Pacific Hotels on the Pacific Coast

HOTEL VANCOUVER
Vancouver, B.C.
Open all year.

Largest hotel on the North Pacific Coast, overlooking the Strait of Georgia, and serving equally the business man and the tourist. Golf, motoring, fishing, hunting, bathing, steamer excursions. *European plan.*

EMPRESS HOTEL
Victoria, B.C.
Open all year.

A luxurious hotel in this Garden City of the Pacific Coast, which by its equable climate has become a favorite summer and winter resort. Motoring, yachting, sea and stream fishing, shooting and all-year golf. Crystal Garden for swimming and music. *European plan.*

HOTEL PALLISER
Calgary, Alberta

A handsome hotel of metropolitan standard in this prosperous city of Southern Alberta. Suited equally to the business man or the tourist to or from the Canadian Pacific Rockies. *European plan.*

HOTEL SASKATCHEWAN
Regina, Sask.

In the capital of this rich and prosperous province. Golf and motoring. *European plan.*

THE ROYAL ALEXANDRA
Winnipeg, Man.

A popular hotel in the largest city of Western Canada, appealing to those who wish to break their transcontinental journey. The centre of Winnipeg's social life. *European plan.*

Canadian Pacific Hotels in Eastern Canada

Place Viger Hotel—A charming hotel in Canada's largest city. Chateau Frontenac—A metropolitan hotel in the most historic city of North America. McAdam Hotel—A commercial and sportsman's hotel. The Algonquin—The social centre of Canada's most fashionable seashore summer resort. *Open June 23rd to September 10th.*
The Royal York—Opens May 1st, 1929.

Other Hotels and Bungalow Camps Reached by Canadian Pacific

Penticton, B.C. Hotel Incola
Cameron Lake, B.C. Cameron Lake Chalet
Kenora, Ont. Devil's Gap Camp
Nipigon, Ont. Nipigon River Camp

French River, Ont. French River Camp
Digby, N.S. The Pines
Kentville, N.S. Cornwallis Inn

RESORTS *in the* Canadian Pacific Rockies



Banff Springs Hotel and the Bow River Valley
From a pastel by Leonard Richmond, R.B.A., R.O.I.

RESORTS

in the Canadian Pacific Rockies

THE Canadian Rockies comprise some of Nature's most majestic and gigantic works. Reaching to a height of ten, eleven, twelve thousand or even more feet—with the railway that crosses them itself reaching over a mile above sea-level—that form the 600-mile wide backbone of America. From Cochrane, Alberta, where one begins to enter the Rockies, to Mission, British Columbia, where one enters the coastal plain, is a train ride, by the "Trans-Canada Limited," fastest Canadian Pacific train, of 22 hours.

To cross the Swiss Alps, from France to Italy, takes, by railway, some five hours. When, therefore, Edward Whymper, the most famous mountaineer of all time, and conqueror of the Matterhorn, described the Canadian Pacific Rockies as "fifty Switzerlands in one," he certainly was guilty of no exaggeration.

The Top of the World

The Canadian Pacific route through these mighty mountain ranges visualizes in itself the triumph of man over enormous natural obstacles. From Calgary, to which it has been steadily climbing since it left Lake Superior, it climbs still higher to the Great Divide—over a mile higher than the Pacific Ocean. Thence, following the narrow Kicking Horse Pass, it dips down for its first crossing of the majestic Columbia River; then re-ascends another quarter-mile to the summit of the Selkirk Range before beginning its long descent to the Pacific through the Thompson and Fraser Canyons.

In the High Rockies

This wonderful mountain region offers a remarkable welcome to those who leave the railway, and tarry a-while. Snow-clad peaks, gleaming white glaciers, rugged precipices, waterfalls, foaming torrents, canyons, beautiful lakes set in the heart of pine-forests—these have been flung together by the Great Creator in unparalleled profusion.

All these you see around and within easy reach of the principal vacation resorts of the Canadian Pacific Rockies—resorts which have now become known to the ends of the world. Banff, Lake Louise, Emerald Lake, and the Yoho Valley—these are some of the centres of summer life, where you can golf, climb mountains, take wonderful motor trips, ride into the fastnesses on sure-footed mountain ponies, fish, swim, boat, hike or explore: where you meet Indians, and cow-punchers, and scarlet-coated Royal Canadian Mounted Policemen, or mountain sheep wandering unmolested by the road. And at these and other places there are magnificent hotels or charming bungalow camps, where days and nights pass in surroundings of beauty, comfort and gaiety.

These resorts of the Canadian Pacific Rockies are now so closely linked by motor roads as well as by railway that when you go to visit one you can easily visit them all.

A Sea of Mountains

In the various mountain ranges that make up the Canadian Pacific Rockies—the Rockies proper, the Selkirks, and the Monashee, Coast, Cascade, and Purcell Ranges—there are, according to Government measurements, including only those peaks which bear names, and not the innumerable mountains that have not yet been named or measured, or that are very inaccessible from railways:—

630 peaks above 6,000 feet above sea-level;
308 between 7,000 feet and 10,000 feet;
161 between 10,000 feet and 12,000 feet;
4 over 12,000 feet.

In some mountainous regions the chief peaks spring from such high plateaus that although they are actually a very considerable height above sea-level, their height is not very impressive



The Valley of the Bow River, from Banff Springs Hotel.

to the eye. This is not so in the Canadian Pacific Rockies. Some fifty principal mountains, for example, at the most popular mountain resorts—Banff, Lake Louise, Moraine Lake, Lake O'Hara, Field, Emerald Lake and the Yoho Valley—and ranging in height from 8,000 to 11,500 feet, average a height above the floor of the valleys at their base of about 4,800 feet, or almost a mile. The Canadian Pacific Rockies, being rich in glaciers and névé fields, are generally snow-covered the year round.

Canadian Pacific Hotels

Tourist accommodation is of two kinds—at hotels or at Bungalow Camps. A full description of these will be found on the front inside cover, or on the text pages stated below (in brackets).

The four Canadian Pacific hotels in the mountains are now, without exaggeration, world famous. They are of different size, but each is characterized by the same beautiful locations, the same luxury, comfort and charm of interior appointment, and excellence of personal service. Each occupies the best scenic view-point, and is the centre of all outdoor excursions and facilities necessary thereto.

BANFF SPRINGS HOTEL (page 4)
THE CHATEAU LAKE LOUISE (page 10)
EMERALD LAKE CHALET (page 20)
HOTEL SICAMOUS (page 24)

Bungalow Camps

Bungalow Camps not only supplement the capacity of the hotels, but also provide accommodation of a somewhat different kind. They are, on the whole, less formal than the hotels. The Bungalow Camps are not tents, but of log or other wooden construction, with a large central building that serves as a dining room and social centre, and separate sleeping bungalows. Besides the Bungalow Camps, there are many Tea-Houses at outlying points.

In Yoho Park—Yoho Valley, Wapta and Lake O'Hara Bungalow Camps, and six Tea-Houses and Alpine Huts linked up thereto (see pages 18 and 20).

Near Lake Louise—Moraine Lake Bungalow Camp and Saddleback Tea-House (see page 10).

Banff-Windermere Road—Castle Mountain, Vermilion River, Radium Hot Springs and Lake Windermere Bungalow Camps (see page 24).

Ask our Agencies for a separate booklet, "Bungalow Camps in the Canadian Pacific Rockies."

National Parks

Six of Canada's magnificent system of National Parks are in the Canadian Pacific Rockies, and are traversed by or lie adjacent to the Canadian Pacific Railway; while others can be conveniently reached from it.

ROCKY MOUNTAINS PARK (2,751 square miles, the boundaries of which are at present being subject to revision), with Banff and Lake Louise as principal centres. See page 4.

YOHO PARK (476 square miles), containing Emerald Lake, the Yoho Valley, Lake O'Hara, and Wapta Lake. See page 18.

KOOTENAY PARK (587 square miles), with the Banff-Windermere Road running through it. See page 24.

GLACIER PARK (468 square miles). In the Selkirk Range. See page 24.

MOUNT REVELSTOKE PARK (100 square miles). See page 24.

WATERTON LAKES PARK (220 square miles). In southern Alberta. See page 24.

Mount Assiniboine Park (20 square miles) is a British Columbia Provincial Park.

The Calgary Stampede

Alberta, always a country of considerable stock-raising interests, is still one of the principal ranching sections of the West; and in the "Stampede" held at Calgary, the glories of the Old West are revived annually in a week's carnival of frontier sports and contests. The Calgary Stampede has now become a famous frontier-day celebration, and contestants come from all parts of the continent. Cowboys, Indians, Mounted Police-men, old-timers are all to be seen in this western epic. It will be held in 1928 from July 9th to 14th, and visitors to the Canadian Pacific Rockies should stop off at Calgary and participate.

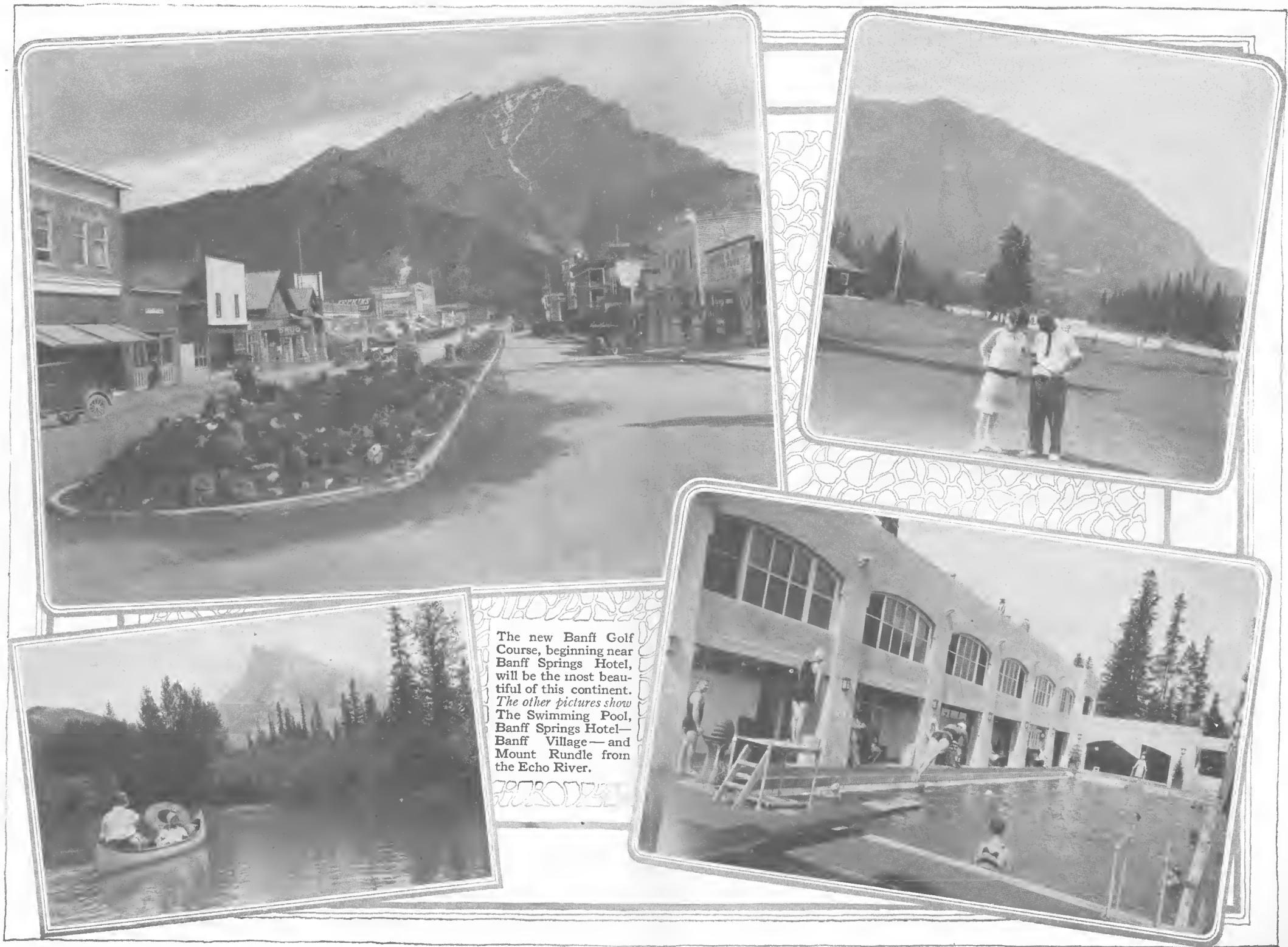
Ranch Life in the Foothills

At three places in the foothills of the Canadian Pacific Rockies the visitor can enjoy both ranch life and excursions into the neighbouring mountains. These are:—

Kananaskis Ranch—in Rocky Mountains Park, near the Indian Reservation at Morley, between Calgary and Banff. Address C. B. Brewster, Kananaskis, Alta.

The T. S. Ranch—near High River, "Bar U" Ranch, and the "E. P." Ranch belonging to the Prince of Wales. Conducted by Guy Weadick, Manager of the Calgary Stampede. Address P. O. Longview, Alta.

Buffalo Head Ranch—long established, near the "E. P." Ranch, and with many miles of frontage on the beautiful Highwood River. Address George W. Pocaterra, High River R. R. 2, Alta. Full information can be secured from the above.



WHAT TO DO AT BANFF

BANFF is the administrative headquarters of Rocky Mountains Park (area 2,751 square miles). No part of the Rockies exhibits a greater variety of sublime and romantic scenery, and nowhere else are good points of view and features of special interest so accessible. The town lies embowered in pine forests and lawns, in a pocket of a wide circle of pearly-grey limestone peaks. Warmed by clear sunshine and kissed by clear air, exhilarated by the glacial-green Bow River, Banff bids all welcome.

A Panorama of Peaks

From either the station, the bridge or Banff Springs Hotel, a magnificent panorama is to be witnessed. From the station first: to the north is the grey bulk of Cascade Mountains, towering above the town like a grim old idol. To the east are Mount Ingismaldie and the heights of the Fairholme sub-range. Still farther to the east, the sharp cone of Mount Peechee closes the view in that direction. To the left of Cascade rises the wooded ridge of Stoney Squaw. To the west and up the valley are the distant snowy peaks of the main range above Simpson's Pass. To the left is Sulphur Mountain, to the south-east the isolated, wooded bluff of Tunnel Mountain and the long serrated spine of Mount Rundle.

From the Bow Bridge the view is even more magnificent, for the river runs through the centre of the picture, and one who has caught his first glimpse of this picture close to sunset will never forget its breath-taking beauty. A little beyond the bridge the river frolics over a series of rapids in a narrow gorge and then, leaping in clouds of spray, falls almost opposite the Banff Springs Hotel. From the high elevation of the hotel a somewhat different view is obtained, looking across the junction of the Bow with the smaller and darker Spray River, to the distant snow-clad barrier of the Fairholme Range.

Banff Springs Hotel

Banff has been for many years one of the most popular mountain resorts on the continent—due not only to its environment, but also to the beautifully situated and splendidly appointed Banff Springs Hotel (a Canadian Pacific Hotel, open from May 15th to September 30th). It is all fireproof, with a new wing erected at a cost of over 1½ million dollars. The entire first floor is given over to public rooms, artistically decorated and furnished, in which the architect has provided a Scotch baronial atmosphere. Among the features are the ten period suites—Georgian, Jacobean, Tudor, Swiss and Italian; the period influence also dominates the lounges.

At the hotel there is entertainment all the time. One could be perfectly happy just looking out towards the enclosing mountains, watching the swimmers in the warm sulphur water pool, swimming oneself, playing tennis, or studying the cosmopolitan types which one meets at this great caravanserai. There is an excellent Turkish bath at the hotel, very popular with those who come in after a game of golf or an hour in the saddle. The spacious luxurious lounges invite one to succumb to a contented laziness. There is nearly always an orchestra playing somewhere, and in the evening, when Banff, the mountains and the winding Bow are bathed in moonlight, the strains of dance music float out from the ballroom.

The Hot Springs

Had Banff not become famous for its beauty, it must have become famous for its hot springs, which are amongst the most important of this continent. The five chief springs have a total flow of about a million gallons a day, and issue from the ground the year round at a temperature ranging from 78 to 112 degrees Fahrenheit. Winter makes no difference to the



The Bow River Falls.

temperature of the water. The chief constituents are calcium sulphate or gypsum, calcium bicarbonate and magnesium sulphate, and their therapeutic value is very high. The springs, which are also radio-active, have been developed by the erection at two of them of bath houses and swimming pools.

Swimming

Excellent swimming in warm sulphur water is afforded at Banff Springs Hotel, which has its own large and beautiful open-air pool. Here, where the temperatures of the summer air and the water are delightfully blended, and spring diving-boards offer opportunity for sport to expert swimmers, the sloping depth of the bath gives confidence to beginners at the shallow end; while the cold fresh water pool adjacent to the warm bath provides an invigorating plunge.

There is also excellent swimming at the Cave and Basin, where a fine \$150,000 swimming pool and series of private baths have been built by the Government. At the Upper Hot Sulphur Springs on the slopes of Sulphur Mountain, 800 feet higher than the hotel, at an altitude of 5,132 feet, is another swimming pool, which may be reached by trail from the hotel, or by road from Bow River Bridge.

Golf and Tennis

An eighteen-hole golf course, superbly located on the banks of the Bow River and guarded by huge bastions of rock, turreted and pinnacled like the fortified castle of old, is open to all visitors to Banff for a small fee. The course has been entirely reconstructed by the Canadian Pacific, under the supervision of Stanley Thompson, and now offers one of the finest, most perfectly balanced and most scenically beautiful courses in the world. Starting from near Banff Springs Hotel,

it has a length of 6,640 yards and a par of 73. One feature is the use of three sets of tees, for long, medium and short. The fairways are doubly wide, with two routes to each hole.

For tennis players there are several admirable courts, and because the exquisite summer climate of Banff is very conducive to both golf and tennis, a large number of people may always be seen enjoying the games.

Indian Week

Indian Week at Banff is one of the most colorful spectacles on the North American continent. Between three and four hundred Stoney Indians come from the Morley reserve, 40 miles east of Banff, for their tribal sports. This summer they will be joined by other tribes in a pageant on a scale greater than ever before (July 23rd to 28th). Each morning they have a parade in which the majority of the Indians take part; the tribe is all mounted, while many splendid horses are used, resplendent in gorgeous trappings and headpieces. The costumes of both men and women are creations of white buckskin, beadwork and ermine, their color schemes being exceedingly wonderful, and they ride with dignity and poise.

The Highland Gathering

At Banff this year, August 31st to 3rd September, will be repeated the "Highland Gathering" inaugurated in 1927, which proved so remarkably successful.

This is a great Scotch festival of music and sports, to which singers from all parts of America come, and bagpipers from Highland regiments to play in competitions, and in which the sturdy old Scotch sports, and the fine Scotch costume dancing are to be seen at their best.

A special little booklet will be issued about the Highland Gathering, and will be procurable from Canadian Pacific agencies.

Walking and Riding

There are many delightful walks and rides in the immediate vicinity. The roads are good and the trails especially lovely. The Bow Falls are only a few minutes' walk from the Banff Springs Hotel; the trail which goes up the hill near them affords a lovely view of the falls and the rapids farther up stream. The fish hatchery nearby is well worth seeing.

The Tunnel Mountain motor road, on the east side of the river, gives beautiful views of the town, Bow Valley and the surrounding peaks. The highest point is reached by a series of switchbacks or corkscrews. A trail branches off this road almost opposite the hotel, practically above the falls; following the river, at times leading into tiny meadows, it eventually comes out at the far side of Tunnel Mountain. The motor trip up this mountain should also be taken.

The Cave and Basin and Sundance Canyon are two objectives for a walk or ride. This Canyon is a cleft in the rocks through which a turbulent stream tumbles. In the rock crannies and adjoining woods are many beautiful flowers—the dryas, saxifrage, stonecrop and columbine among them. There are also short delightful trails through the woods between Spray Avenue and the motor road leading to the Upper Hot Springs.

There are pony trails and short cuts up Tunnel Mountain which one can take if walking, which makes an easy climb; its elevation is only 5,540 feet; Stoney Squaw, north of Tunnel Mountain and 620 feet higher, is really a walk. It is fascinatingly green in a world of grey peaks and snowfields; and those who are lured up its slopes are well repaid.

(Continued on page 9)

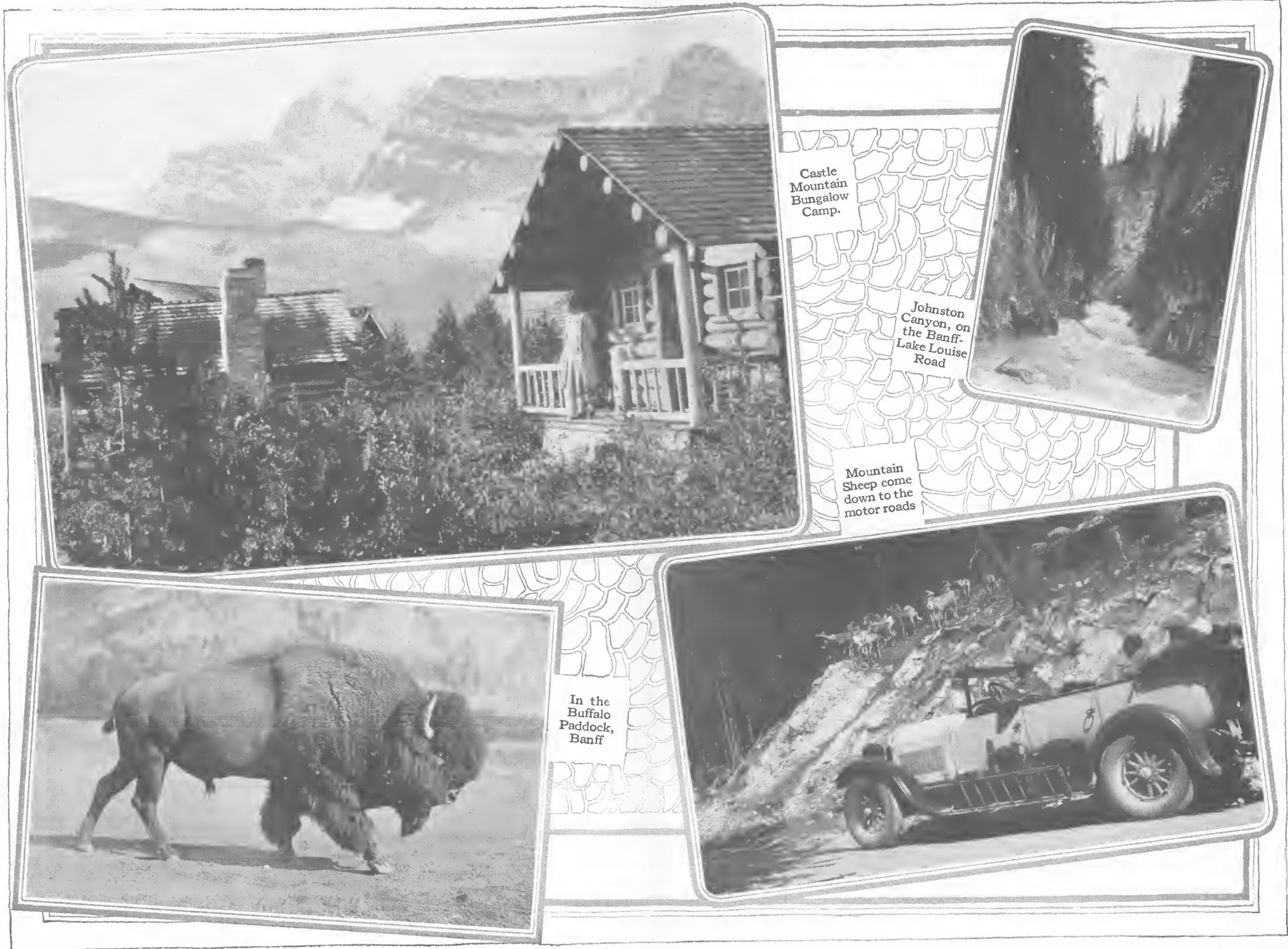


Mount Assiniboine

To which new trails have recently been cut, making a very attractive riding and camping trip from Banff. A Dude Ranch is operated at Mount Assiniboine by the Marquis d'Albizzi

Painted by Carl Rungius, N.A.







Mount Temple—seen from the Banff-Lake Louise Road

Painted by Belmore Browne

WHAT TO DO AT BANFF

SULPHUR MOUNTAIN is another delightful walk. The novice will no doubt insert the word "climb," and argue the word walk is incorrect. Sulphur is 8,040 feet, with the Observatory at the summit. To shorten the climb, a motor can be taken to the foot of the trail, thus lessening the distance. One of the pleasantest ways of ascent is on the back of a pony. On the long wooded slope of this mountain is the clubhouse of the Alpine Club of Canada.

Bathing and Launch Trips

A few minutes from the bridge is the Bow River Boat-house. From here motor launches set out four times a day on a 12-mile trip in which the surrounding mountains are seen from a unique and advantageous point of view. Here, also, canoes and row boats are obtainable. Echo River and Willow Creek, overhung with arching trees, are especially attractive to those who wish to row or paddle on tranquil mountain streams; by following Willow Creek the lovely Vermilion Lakes are reached.

Recreation Grounds

This section of the park, by the Bow River, is not far from the bridge and can be reached by a delightful road by the river, or from the Cave and Basin motor road. There is a building for recreation purposes, also spaces for baseball, tennis, football and cricket. The club house of the Banff Gun Club is not far distant, and here trap shooting competitions are held.

The Animal Corral

The tourist will find plenty of interest in the little town of Banff itself, with its churches, cinemas and shops, interspersed with groups of cowboys in woolly chaps and gay-colored kerchiefs, sloe-eyed Indians in buckskin coats and moccasins, packers, trappers, guides and other truly mountain men. Near the fine bridge over the Bow River are the Administration Offices of the Park, the Museum, Zoo and Royal Canadian Mounted Police headquarters.

The animal corral is $1\frac{1}{2}$ miles from the town, an immense fenced-in area where a herd of buffaloes, mountain sheep, goat, moose, antelope and other kindred of the wild roam at will through the vast forested pasture. You can drive into this corral quite close up to the buffaloes and enjoy studying them in these surroundings.

Lake Minnewanka

A short motor run is to Lake Minnewanka, 8 miles north of Banff, and about 14 miles long. From the hotel the route lies through the town, east of Stoney Squaw and Cascade Mountains, past the buffalo park and through Bankhead to the lake at the head of Cascade Creek. A weird, elusive beauty made the Indians rightly name it "Spirit Water." A motor launch runs to the end of the lake, and about half-way passes the beautiful little Aylmer Canyon, over which towers Mount Aylmer (10,365 feet high), while facing it on the opposite shore rises the head of Mount Ingismalde (9,715 feet). Row boats are obtainable, and large trout may be fished for. Lake Minnewanka Chalet, on the lake shore, is a popular place for afternoon teas and meals.

Mount Assiniboine

A particularly fine pony trip from Banff, and one on which a week can be profitably spent, is that to Mount Assiniboine—the "Matterhorn of the Rockies." This can be reached over the spectacular new trail by way of Brewster Creek, or by way of the Spray Lakes, and the return made by traversing the



Indian Braves at Indian Week, Banff.

beautiful summit country in the vicinity of the mountain, through the heather and flowers of Simpson Pass and down Healy Creek. The official 1927 Ride of the Trail Riders of the Canadian Rockies was to Mount Assiniboine, and since that time the route has been well established, while camp facilities are available, in log houses, at the foot of the mountain.

Mystic Lake

North from Banff, there is a very fine trail ride to Mystic Lake, along the side of Cascade Mountain and down to Forty-Mile Creek. It cannot be made in one day, but near Mystic Lake there is a specially-constructed log house with sleeping quarters and cook-stove, where the night can be spent. An extension can be made to Sawback Lake. During the summer months, an organized ride to Stoney, Sawback and Mystic Lakes will leave Banff once a week (see page 24).

To Lake Louise

From Banff to Lake Louise is a fine 42-mile motor trip. The route is along the Bow River, crossing a spot that is the favorite haunt of a large herd of mountain sheep, who in this National Park have sanctuary, environed all the time by magnificent forests and mountains.

At about 16 miles from Banff a stop is made at Johnston Canyon—16 miles of inspiring mountain scenery, with the gaunt grey turrets of Castle Mountain towering ahead. There the Johnston Creek dashes between high rock walls and falls in a series of miniature cascades which are spanned by tiny rustic bridges. Gradually the canyon reveals its loveliness. Its climax is a clear blue pool, only partly disturbed by the whirlpool caused by falls from a gorge above. From the road to the end of the Canyon is three-quarters of a mile.

From Johnston Canyon the road continues to Lake Louise. Castle Mountain, with its imposing battlements, is on the north, and Mount Temple—one of the most stately piles in the Rockies—on the south. A short detour at Castle enables one to reach Castle Mountain Bungalow Camp, from which a beautiful view of the Bow Valley is to be obtained.

Winter Sports

Banff is rapidly becoming an important centre for winter sports, the Annual Winter Sports Carnival in February attracting large crowds. Ski-ing, toboggan-ing, skating, and bob-sledding are amongst the attractions.

Motor Trips Around Banff

General Drive. To the Buffalo Park, Tunnel Mountain, Bow Falls, Spray Valley, Zoo, Cave and Basin, Golf Links, etc. Twice daily.

Lake Minnewanka. (See above.) Once daily.

Banff-Calgary. Twice daily.

Lake Louise. (See above.) Three times daily.

24-Hour Motor Detour. To Golden (see page 24). Once daily.

The Lariat Trail. 3 days (page 24). Monday and Thursday.

Lake Windermere. 2 days (see page 24). Tuesday, Thursday, Saturday.

Outdoor Trips at Banff

Trail Trips. Rocky Mountain Park has 700 miles of good trails, a large part of which radiate from Banff. With guides and ponies, the visitor may find his way to Mystic Lake, in the heart of the Sawback Range, to Ghost River, and through the Indian Reservation to the town of Morley, the Spray Lakes, the Kananaskis Lakes and dozens of other magic places.

Mount Assiniboine and Mystic Lake Trips. See above.

Fishing. See page 16.

Climbing. Easy—Tunnel and Sulphur. Harder—Rundle, Norquay, Cascade, Stoney Squaw, Aylmer, Edith and Louis.

Mountain Climbing

The Canadian Pacific Rockies present to the mountain climber one of the most extensive and interesting fields of any easily accessible ranges of the world. Noted climbers make their way thither from all parts of the world. But let not the novice be daunted; there are easy climbs aplenty for him to graduate from—on some, indeed, he (or she, in fact) can ride or walk good trails almost to the summit, while on others a short scramble will bring him to his goal.

It is difficult to imagine anything more fascinating than to start out in the early morning, stepping in half an hour from the perfect civilization of a luxurious hotel into the primitive glory of cliff and crag, winding waterway and frozen grandeur, to spend the day among the mountains. With a blue sky overhead, the air soft with the sweet resinous spice of the forest, and all cares left far behind, one sees only beautiful sights, hears only wonderland sounds, and for a whole long day lives close to the very heart of Nature in her most splendid mood.

The Alpine Club

The Alpine Club of Canada, with over 500 members, and headquarters at Banff, holds a camp each year in the Canadian Rockies, and welcomes those who have the ambition to climb, or are interested in mountains. The Annual Camp this year will be held in the last two weeks of July at the Lake of the Hanging Glaciers. The Canadian Pacific Railway has several experienced Swiss guides attached to its mountain hotels.

WHAT TO DO AT LAKE LOUISE

LAKE LOUISE—probably the most perfect gem of scenery in the known world—bears the liquid music, the soft color notes of its name, almost into the realm of the visible. Geographically a “cirque lake”—a deep, steep walled recess caused by glacial erosion, nestling 600 feet above the railway on the far side of a mountain palisade, amidst an amphitheatre of peaks—it is a dramatic palette upon which the Great Artist has splashed his most gorgeous hues, a wonderful spectrum of color. Deepest and most exquisitely colored is the lake itself, sweeping from rosy dawn to sunset through green, blue, amethyst and violet, undershot by gold; dazzling white is the sun-glorified Victoria Glacier, at the farther end; sombre are the enclosing pine-clad peaks that dip perpendicularly into the lake; and magnificent are the stark immensities of the snow-covered peaks that enclose the picture except for the fleecy blue sky overhead.

The Chateau

On the margin of this most perfect lake, in a wonderful Alpine flower garden where poppies, violets, columbines, anemones and sheep laurel slope through terraced lawns to the water's edge—the Canadian Pacific has placed its great Chateau Lake Louise. The first hotel built by the Company on this spot was an unpretentious log cabin. Some years later a bigger building was erected and this has been repeatedly enlarged to meet the demands of an ever-increasing stream of tourists, until to-day a fire-proof modern and luxurious hotel with accommodation for seven hundred guests now stands there (open June 1st to September 30th).

Across the front of the hotel extends a vast lounge that commands an uninterrupted view of the Lake through beautiful, single-pane windows of enormous size. The dining-room, in the right wing, has the same wonderful windows and view. From the ballroom in the left wing the lake may be seen through the arches of the cloistered terrace. Thus the visitor may rest, dine and dance without losing sight of the beauty that attracted him hither.

The Chateau has many attractions. Two fine hard tennis courts are attached to the hotel, and a boat-house supplies bright brown, secure rowing boats to the many who cannot resist the magnetism of the clear, blue water. Below the dining-room and overlooking the lake is an attractively terraced concrete swimming-pool filled with heated glacial water and with an instructor in attendance.

A Circle of Peaks

The peaks that surround Lake Louise form such a magnificent background that many visitors ask nothing better than to sit on the hotel verandah watching the marvellous kaleidoscope of beauty and color that they present. From left to right they are:—Saddleback, Fairview, Lefroy, Victoria, Collier, Popes Peak, Whyte, the Devil's Thumb, the Needles, Big Beehive, Niblock, St. Piran, and Little Beehive. At the far end of the Lake, catching for the greater part of the day the full glory of the sun, their snowfields standing out in dazzling whiteness, are the glaciers that drop down from Mount Victoria and the lofty ice-crowned head of Mount Lefroy.

Along the westerly shores of Lake Louise a delightful mile-and-a-half walk along a level trail affords splendid views of further peaks—Mount Haddo, Aberdeen and the Mitre.

Moraine Lake

Another pearl of the Rockies is Moraine Lake, 9 miles from Lake Louise at the end of one of the finest short motor rides in the mountains. This lovely mountain lake, exquisitely blue-green in color, lies in the Valley of the Ten Peaks—a tremendous and majestic semi-circle that with jagged profile encircles the eastern and southern end of the lake. Not one of these



“The nearest approach which I think can be made to perfect beauty upon earth is probably at Lake Louise, that jewel in Canada's rocky crown.”

Lord Shaw of Dunfermline

peaks is less than 10,000 feet in height—the highest, Mount Deltaform, is 11,225 feet. Standing off a little, as a sort of outpost, is the Tower of Babel, an interesting rock formation of unusual shape. An extension trip should be made to Consolation Lake, the waters of which contain a plentiful supply of rainbow, Dolly Varden, and cut-throat trout.

At the foot of the lake, where the creek flows out into the Valley, is Moraine Lake Bungalow Camp. The main building, in its attractive forest setting, contains a bright living and dining room. The small, separate log sleeping cabins are near at hand providing sleeping accommodation. The camp is an admirable centre for trail-riders and walkers who wish to explore the valley's surroundings, and for mountaineers who aspire to the peaks. An attractive excursion is to the Consolation Lakes, within easy reach of the Camp and a good place for trout-fishing.

Lakes in the Clouds

To the right of the Chateau is one of the easiest and loveliest trails to follow. It rises rapidly through a steep pine forest abounding in shrubs and alpine flowers, while varied and sweeping views are to be seen through the occasional gaps in the forest. Passing above the snow-line the trail reaches the first of the Lakes in the Clouds, resting an icy blue in the green forest bowl. This is Mirror Lake; into it a noisy cataract drops down a boulder-strewn cliff from Lake Agnes, the second of the Lakes in the Clouds. The trail winds over a rocky path above the pines to Lake Agnes, 1,200 feet above Lake Louise. This lake seldom thaws until mid-July and is as quiet, though not so brilliantly colored, as Mirror Lake, some 200 feet below. It is guarded by its own little cirque of white-headed peaks around which the sunlight and the billowing clouds chase each other with fascinating swiftness.

A delightful log tea-house stands on the cliff top where the cataract falls down to Mirror Lake. Its wide hearth throws out a welcome warmth, and its windows command two wonderful views. On the one side is Lake Agnes and the cirque almost overhead; on the other side a vast panorama of the Bow Valley fades into the distance.

The well-shod climber can continue to the top of the Little Beehive, or to the Observatory on top of the Big Beehive, or still further afield to the top of Mount St. Piran, 3,000 feet above Lake Louise.

Plain of the Six Glaciers

Besides the mighty tongue of the Victoria Glacier, many smaller glaciers descend into the cirque, and on the right side of the cirque is the Plain of the Six Glaciers, where a spacious tea-house with broad verandahs has been placed at the head as an excellent resting place. The Plain can be reached by two trails. One continues from the Lake Agnes tea-house, following the right shore of the lake into the little cirque as far round as the Big Beehive, then descending between the Big Beehive and the Devil's Thumb down a steep zig-zagging trail into the Plain. Before reaching the Plain the trail branches in three directions, all of which eventually lead to the second trail into the Plain. The second trail leads directly from the Chateau to the Plain, some 4 miles away, along the broad path to the right of the Lake and up the Victoria creek to the foot of the glacier. At this point the trails finally unite and make a winding ascent to the tea-house, from which the view of the cirque, and Victoria Glacier hanging between the cliffs of Mounts Lefroy and Victoria, is unparalleled.

The tea-house provides all meals, and sleeping accommodation. There is a continuation of the trail down to the route over Abbot Pass (see below).

Saddleback

To the left of the Chateau another beautiful ride or walk follows the broad trail up the further side of Fairview Mountain to the Saddleback. The view from the pass between Fairview and the Saddleback is a magnificent panorama of Paradise Valley far below, with its little Lake Annette gleaming like an emerald and its steep, brown-sided guardian mountains crowned by the snowy summit of Mount Temple in the distance rising 11,626 feet. On the Saddleback is a tea-house, 1,800 feet above Lake Louise that claims to be the highest in the British Empire. From this point climbers can reach the summit of Fairview, 9,001 feet high, or can go in the opposite direction to the top of the Saddleback, 7,783 feet high. The rider can continue between the Saddleback and Mount Sheol down a winding trail through the lovely Sheol Valley to find himself at length in beautiful Paradise Valley, that from the Pass had looked so mysteriously lovely and distantly low that it had seemed a vision rather than reality.

Paradise Valley

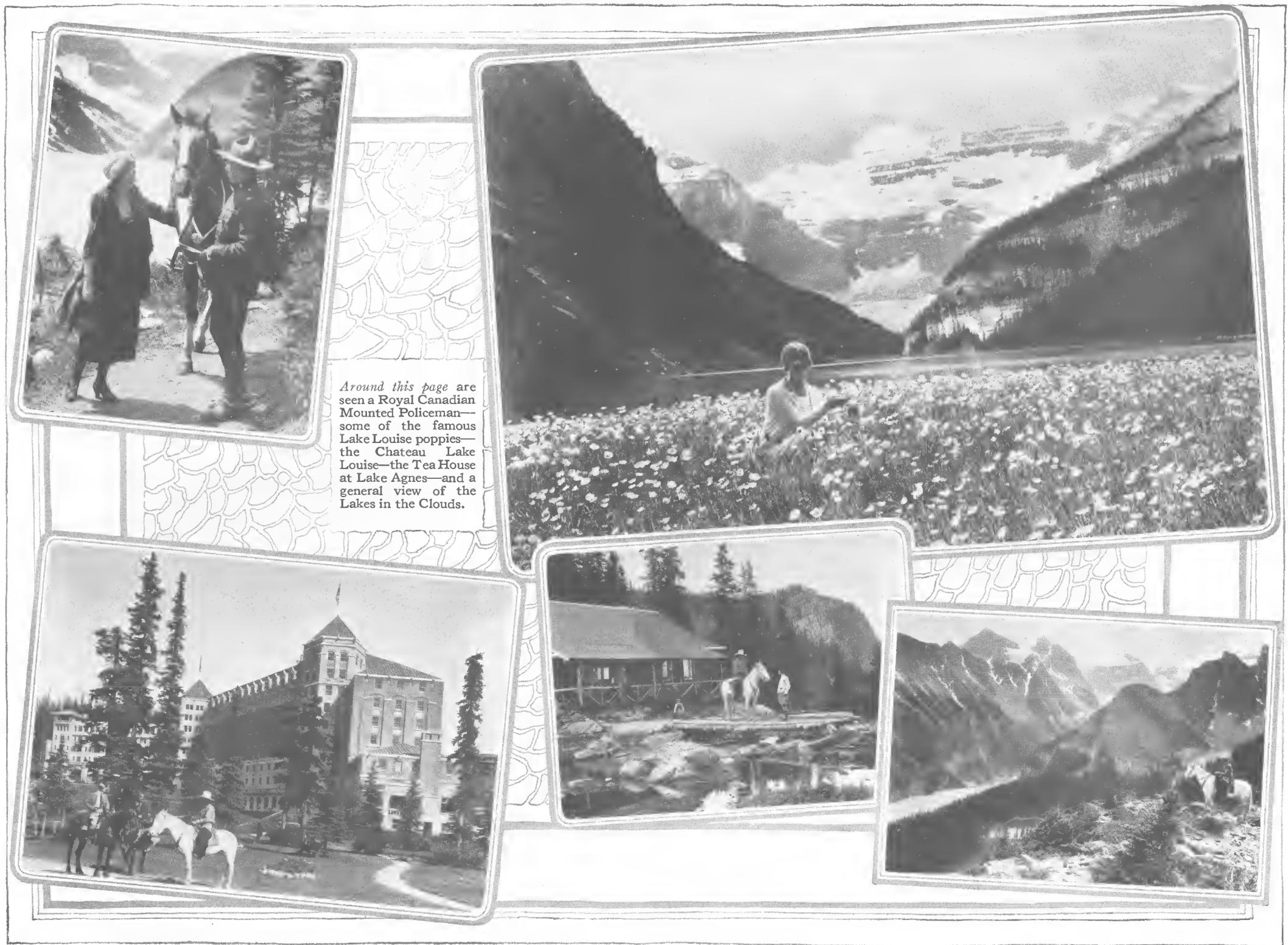
Paradise Valley is about 6 miles long and lies between Lake Louise and Moraine Lake. It is a garden of the mountains, carpeted with green and dotted with brightly hued Alpine flowers of many varieties, including anemone and asters. It is a very attractive trail ride either directly from the Chateau or by way of the Saddleback. At the head of the Valley, Paradise Creek cascades down an enormous rock stairway called the Giant's Steps, from which the trail leads across the creek and returns by way of Lake Annette. This tiny mountain lake is the emerald heart of the valley and over it rises the mighty white head of Mount Temple. The trail then recrosses the creek to join the main trail back to the Chateau.

(Continued on page 16)

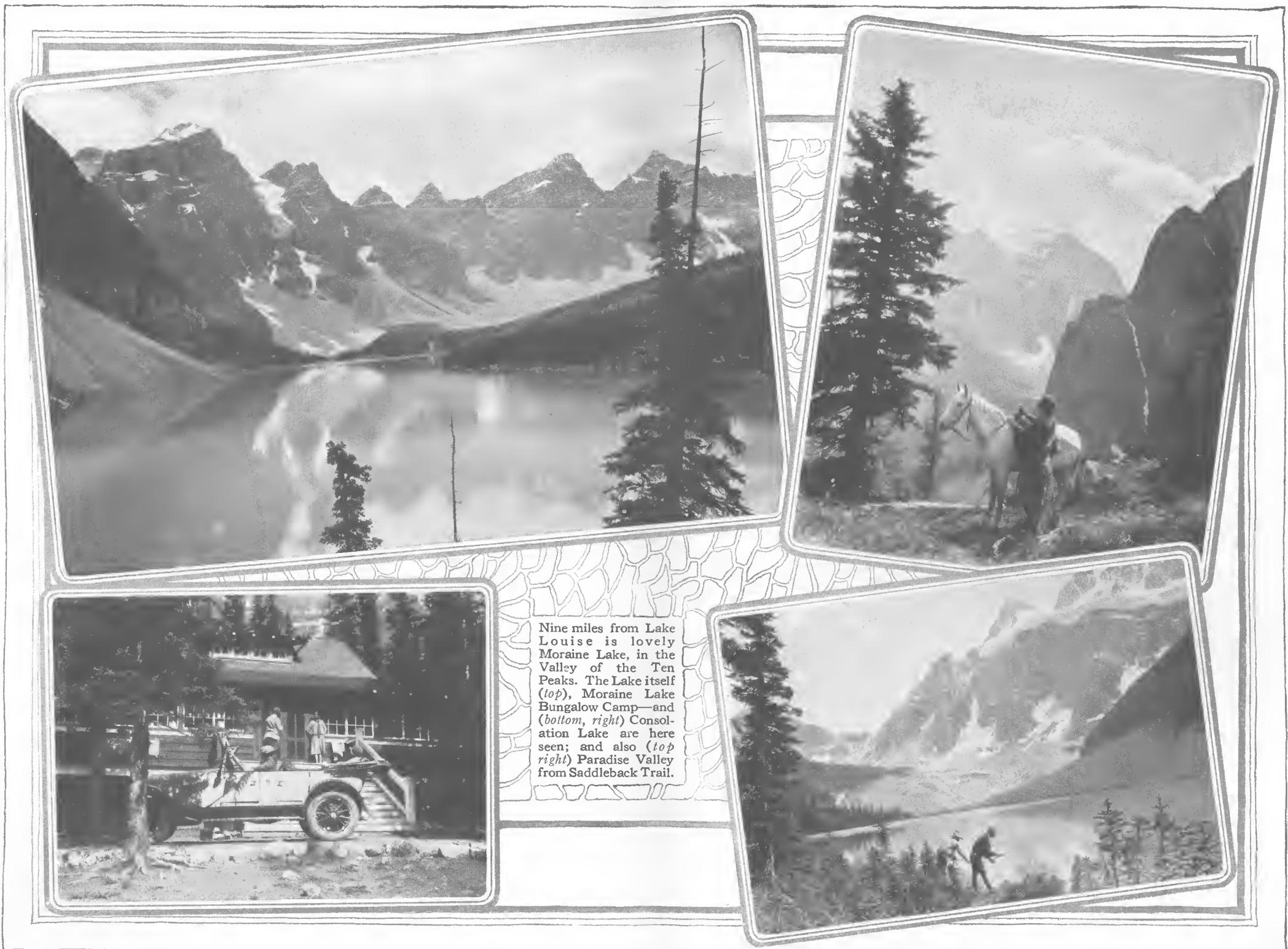


Lake Louise—seen from the Chateau

Painted by Carl Rungius, N.A.



Around this page are seen a Royal Canadian Mounted Policeman—some of the famous Lake Louise poppies—the Chateau Lake Louise—the Tea House at Lake Agnes—and a general view of the Lakes in the Clouds.

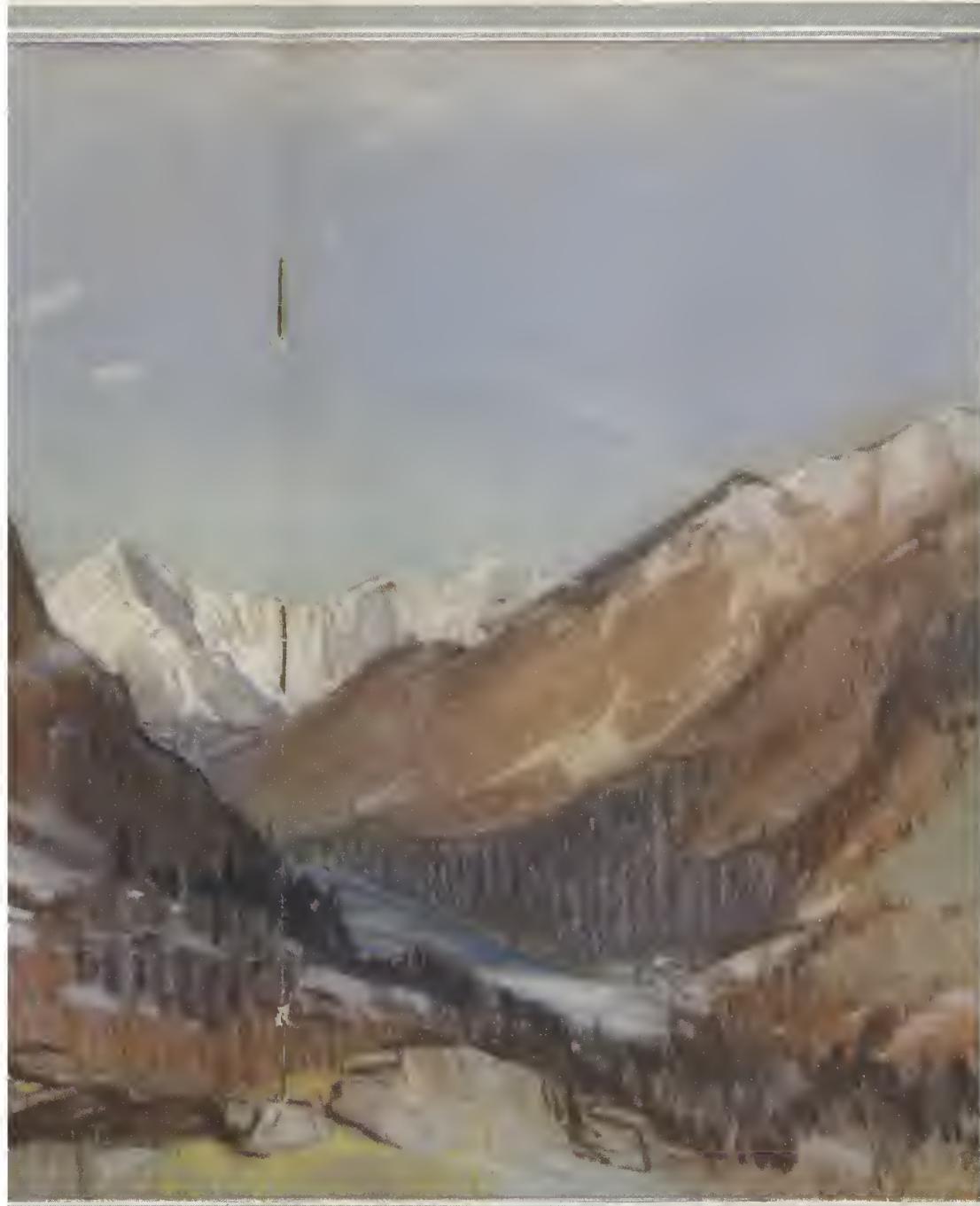




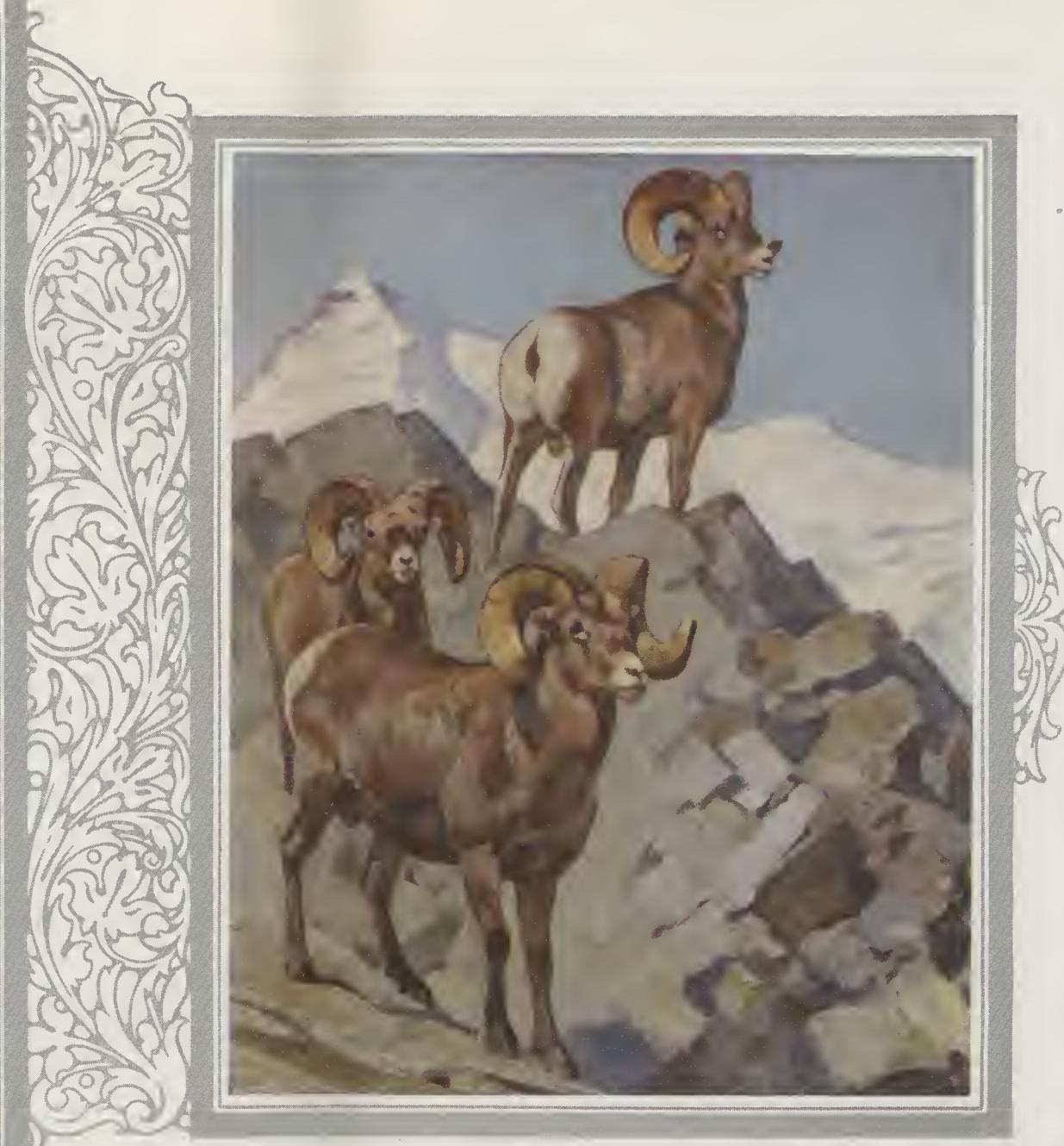
A Monarch of the Mountains
(Wapiti or Elk)
By Carl Rungius, N.A.



The Kicking Horse Pass
Between Lake Louise and Yoho Valley
From a pastel by Leonard Richmond, R.B.A., R.O.I.



The Kicking Horse Pass
Between Lake Louise and Yoho Valley
in a pastel by Leonard Richmond, R.B.A., R.O.I.



The Rocky Mountain Bighorn
(Mountain Sheep)
By Carl Rungius, N.A.

WHAT TO DO AT LAKE LOUISE

THE route to Moraine Lake can also be followed by trail-riders, while climbers can test their skill by returning along the steep and difficult trail leading from the head of the Lake, over Sentinel Pass, and down into Paradise Valley.

Bungalow Camp Circle Trail Ride

An attractive 6-day Circle Trail Ride round the Bungalow Camps will start from Lake Louise once a week during the months of July and August. The points visited are Wapta Camp, Lake O'Hara Camp, Lake McArthur, Ottertail trail, Emerald Lake, Yoho Pass, Yoho Valley Camp, Burgess Pass and Field. For rates, see page 24.

To Emerald Lake

From Lake Louise there are a number of very attractive motor excursions. Besides the ones to Moraine Lake and Banff, there is a fine road to Field and Emerald Lake. This leads west on a high line to the Great Divide, and crossing to near Wapta Bungalow Camp at Hector follows the brawling Kicking Horse River. It is a spectacular ride and links up with established roads in Yoho National Park. During the season, regular daily sight-seeing motor services leave Lake Louise and return in the evening. On this drive one crosses the Great Divide, stopping at Wapta Camp, Yoho Valley Camp, and Emerald Lake. From Emerald Lake the new "Kicking Horse Trail" continues to Golden.

Abbot Pass

From Victoria Glacier there is a fine climb over Abbot Pass between Mount Victoria and Mount Lefroy, descending to Lake O'Hara. (See page 18). It is well to start in the morning, taking the trail around the west shore of the Lake, ascending the Victoria Valley and following the edge of Victoria Creek until you reach the foot of the glacier. You can make a short diversion to the Plain of Six Glaciers Tea-House en route. The glacier is three miles long and a half mile wide, and there is much of interest such as glacier tables, moulins and seracs. An Alpine hut (with accommodation for twenty) is situated near the summit of the Pass at an altitude of over 9,500 feet for the convenience of climbers, and most people prefer to stop the night here and see a glorious sunrise in the morning. This expedition may be undertaken by the novice, who, however, must be accompanied by a Swiss guide.

Lake O'Hara

In the morning you descend the other side of the Pass to Lake O'Hara, one of the loveliest of all Rocky Mountain waters. Here there is a Bungalow Camp where you may stay before returning to Louise, and perhaps, if you have a few hours to spare, take the trail that leads to Lake McArthur, whose blue waters lie at an altitude of 7,359 feet. There is a glacier here, and huge blocks of ice may be seen floating on the surface of the lake, even in the summer time.

Wild Life

All these expeditions hold a wonderful charm, especially for those interested in the wild animal life and the exquisite Alpine flowers of the mountains. Over 500 species of flowers grow in the Rocky Mountains, and many of these are to be found in the valleys and on the lower slopes and Alpine meadows of the Lake Louise region.

Of the wild creatures, the Hoary Marmot, who is well-known by his shrill whistle, the Marten, the Chipmunk, the Bighorn or Mountain Sheep and Blacktail or Mule Deer, are seen in



The Swimming Pool at the Chateau Lake Louise.

large numbers. Black Bears are also not uncommon, and some are becoming very tame.

It is a common saying that there are no birds in the mountains, but anyone with eyes and ears can soon disprove this belief. The Franklin grouse is one species which nearly every visitor is bound to see. This bird seems to have no sense at all and is generally referred to as the "fool-hen". A type of Canadian jay, the whiskey-jack, is plentiful enough, and sometimes these saucy birds will stand and inspect one from every angle. Other birds likely to be seen are the mountain bluebird, eagle, ptarmigan the cheerful chickadee, water ouzel and humming bird.

Fishing in the Rockies

Five varieties of game fish have their habitat in the waters of the Rocky Mountains National Park, the cut-throat, lake, Dolly Varden, bull and brook trout. Good fishing can be obtained in the Bow River upstream and downstream, Lake Minnewanka, Mystic Lake, Sawback Lakes, Spray River, the Spray Lakes, and the Lower Kananaskis Lake.

Around Lake Louise, reasonably good fishing is afforded in the Pipestone River, Consolation Lake, the Upper Bow Lakes and other places. The open season for fishing in the national parks is from July 1st to September 30th, inclusive. There is a Fishing Inspector at the office of the Superintendent of Rocky Mountains Park, at Banff, from whom full and reliable information can be obtained.

Between Lake Louise and the Pacific Coast there are numerous points well worth the attention of the angler. Sicamous is a good centre, at the head of the celebrated Shuswap Lakes, and comfortable headquarters can be established at the Canadian Pacific hotel adjoining the station. Shuswap Lake has the reputation of containing more varieties of trout and other fish (including steelhead trout and land-locked salmon) than any water in British Columbia. Kamloops, at the junction of the north and south branches of the Thompson River, is an excellent centre for the fly fisherman and within easy reach are several fine waters. The lower stretches of both the Thompson and Fraser Rivers offer good fishing at many points.

Hunting

While hunting is forbidden within the National Parks in the Canadian Pacific Rockies, there is magnificent sport to be obtained outside the Park limits, and the Canadian Pacific Railway hotels and bungalow camps are good starting points for some of the best hunting grounds. The bear, the mountain goat, the Rocky Mountain sheep (the "Bighorn"), the moose and the caribou are the chief animals hunted. The principal hunting districts are the Lilloet, Cariboo and East Kootenay regions, while the British Columbia coast and the country inland from it afford almost virgin territory. The Cassiar country, in northern B.C. is one of the finest and most celebrated sporting regions of this continent.

Full information as to fishing and hunting possibilities in the different localities of the mountains and the British Columbia coast, with lists of outfitters, guides, etc., is contained in a series of bulletins which will be gladly furnished upon request by the General Tourist Agent, Canadian Pacific Railway, Montreal, Quebec.

Motor Trips around Lake Louise

Moraine Lake (see above). Three times daily.

Banff (see page 9). Three times daily.

Emerald Lake (see above). Twice daily.

24-Hour Motor Detour, Banff, to Golden (see page 24) stays overnight at Lake Louise in either direction.

The Lariat Trail, 3 days (see page 24) passes Lake Louise eastbound the last day.

Lake Windermere, 2 days (see page 24) Tuesday, Thursday, Saturday, can be commenced from Lake Louise as well as from Banff, the distance being the same.

Outdoor Trips at Lake Louise

Trail Trips. Lakes in the Clouds, Saddleback, Paradise Valley, and Plain of Six Glaciers—regular daily trips, once or twice a day.

6-Day Circle Trail Trip — see above.

The Pipestone Valley, 19 miles from Lake Louise—camping ground at Pipestone Lake, in an Alpine meadow amid high glacial surroundings of spectacular grandeur and beauty. Good fishing. Take camping outfit. Trip made by arrangement only.

Trips to the Ptarmigan Valley, Hector Lake, Bow Lake, the Molar Pass, the Skoki Valley and Baker Creek—by arrangement only.

Fishing—see above.

Climbing. Lake Louise is one of the recognized mountain climbing centres of the Rockies, and has many good climbs both for the novice and the experienced alpinist. Some short and easy climbs will be found in the Beehive, Mount St. Piran, Saddle Mountain and Mount Fairview. For the expert alpinist there are plenty of climbs around Lake Louise that will provide him with sufficient opportunity to use his skill. Some of these are the ascent of Mounts Whyte, Popes, Collier, the north peak of Victoria, Lefroy, The Mitre and Aberdeen.

Swiss Guides are attached to the Chateau Lake Louise for those who wish to visit the glaciers or climb mountains. As they are greatly in demand, it is advisable to make arrangements well in advance. Rates \$7.00 per day. Climbers must be equipped with Swiss Alpine climbing boots.



WAPTA LAKE - YOHO VALLEY - LAKE O'HARA

YOHO National Park (area 476 square miles) immediately adjoins Rocky Mountains Park along the crest of the Great Divide. In this realm of winsome beauty there are deep cool primeval forests, giant mountains, ancient white expanses of glacier, foaming waterfalls, rushing rivers and lakes of jade and sapphire. The Canadian Pacific Railway has opened up this magnificent country to the tourist. Scattered here and there, at convenient points throughout the Park, are bungalow camps, chalets and tea houses. All these are linked up by excellent motor roads or trails.

Wapta Bungalow Camp

Wapta Lake, a beautiful sheet of water that is the principal source of the Kicking Horse River, lies high up near the Great Divide. The Canadian Pacific circles one side with a station at Hector, while the motor road from Field to Lake Louise is on the camp side. Since the opening of this highway it is possible to drive over from Yoho to Wapta, passing the charming Kicking Horse Tea-House.

Like most of the Rocky Mountain lakes, the color of Wapta is an indescribable green, varying in shade with every whim of the atmosphere—jade, emerald, apple, grass—and looking frequently as though gallons of rich yellow cream had been poured into it. On its shores is Wapta Bungalow Camp, with its community house and detached log cabins, which can accommodate altogether 58 guests. From the camp you can see stern Mount Stephen (named after the first President of the Canadian Pacific), Victoria with her gleaming opalescent scarf of snow and ice, Narao and Cathedral Crags.

Two and a half miles of beautifully wooded trail will take you to Sherbrooke Lake, which lies in a depression between Mount Ogden and Paget Peak. In another direction is Ross Lake hidden between Niblock and Narao.

Lake O'Hara

Lake O'Hara lies eight miles south of Wapta, and can be reached by a splendid trail. Gaining the top of a barren plateau on the other side of Lake Wapta you can look back on the Bungalow Camp, which lies like a toy village strewn on the slope of Paget Peak. The trail winds on, now ascending, now descending, first through a jade temple of a forest, thence into an Alpine flower garden, where the botanist could count seventy-five varieties of wild flowers in half as many minutes. Delicate as a muted harmony, many of them; others flame with regal insolence, and the whole meadow is so thickly carpeted that picking your way through it without damaging some of the blossoms is utterly impossible.

The siren-song of a cascade calls; you push on, passing through a grove of spruces, and the richly colored waters of Lake O'Hara invite your admiration. One's eyes are drawn up and up to the glorious peaks that stand guard about this lovely lake, the joy and despair of artists—Wiwaxy's jagged top sharply defined against the skyline, the towering mass of Huber, the white splendour of Victoria and Lefroy, and the encircling majesty of Yukness, Hungabee, Biddle, Schaffer and Odaray, with the vast towers of Cathedral in the distance.

Lake O'Hara Bungalow Camp

Lake O'Hara Bungalow Camp is situated on a slight elevation overlooking the lake, at its very edge, and the log cabins cluster on the shore, encircled with pine and spruce. Rooms can also be obtained in the Chalet. The Camp consists of a central building



Wapta Bungalow Camp.

and a group of log cabins, which together accommodate 38, the former on the Swiss Chalet style, decorated in a rustic fashion. O'Hara does not advertise modern luxuries, but its grate fires, comfortable chairs, hot and cold water baths, simple but well-cooked meals, and beds that are a benediction to tired bodies, take away the rough edges of camping life.

There is another route to Lake O'Hara—going from Field to the end of the motor road of the junction of the Ottertail trail and thence via this trail along McArthur Creek and Pass.

Lake McArthur

Everybody who visits O'Hara takes the trip to Lake McArthur. The trail is good, and leads through meadow-lands and up the rugged stony shoulder of Mount Schaffer, from whence there is a superb view of rugged Ottertail Valley. McArthur is one of the largest lakes at such a high altitude (7,359 feet) in the mountains. It is cupped in the Biddle amphitheatre, absolutely barren of trees, and overhung on one side by Schaffer and on the other side by Park Mountain. McArthur is every conceivable shade of blue—aquamarine, sapphire, cerulean; a glorious gem, its surface covered with dancing points of silver—a vast shield of damascened steel.

Lake Oesa

Lake Oesa is more inaccessible than McArthur. One follows the trail around the lake from the Chalet to the foot of the Seven Sisters Waterfall and clammers up a steep bit to a plateau, and more steep bits to higher plateaus. In the bosom of the highest one of all is Lake Oesa, which is smaller than either O'Hara and McArthur, and neither so green as the one, nor so blue as the other. The very spirit of silence broods over Oesa. In its serenity it seems to be as remote from the living world as if it were in the moon.

Abbot Pass

From Oesa you can cross Abbot Pass and descend to Lake Louise. (See page 16). This is not a trip for the unseasoned, the inexperienced, or the foolhardy, for it is on foot over the glaciers; but provided you have a sturdy constitution, a Swiss guide, proper climbing clothes, and about eight hours of fair weather, you can make this magnificent excursion easily enough.

The Yoho Valley

The Yoho Valley can be reached in a variety of ways. Running roughly at right angles to the Kicking Horse Pass, a motor-road runs in from the main Lake Louise-Emerald Lake road as far as the Bungalow Camp; so that it can be reached by motor from either Lake Louise, Wapta, Field or Emerald Lake. There are two ways in by trail, of which we will speak later.

The ride by motor is one of the finest drives in the Rockies (round trip distance from Field, 22 miles; from Lake Louise, 42 miles). The road, crossing the Kicking Horse River, follows the milky glacier-fed stream to where it joins the Yoho River, near the entrance of the valley at Mount Field, round which it swings, and up the valley until some precipitous cliffs are reached. The pine forest gives a welcome shade and fragrance, and, as the way winds up the cliffs to a higher level, the Yoho torrent foaming below shrinks with distance. Up these it zigzags to a higher level, ending a short distance past the Takakkaw Falls.

Takakkaw, the stream that comes down from the Daly Glacier, is 1,200 feet high. It is not a river of water but a river of foam, which drops with an oddly leisurely appearance, very much like a falling of those rockets called Golden Rain.

Yoho Valley Bungalow Camp

Yoho Valley Bungalow Camp, which has accommodation for 64 people, is situated in a meadow within sight and sound of Takakkaw Falls. It is an ideal place for hikers and riders; and, like the other Bungalow Camps of the region, consists of a central club house with separate wooden sleeping bungalows.

There are many fine trail rides from the Camp (the motor road ending here), particularly into the upper valley and over Summit Pass. You will find them described on page 20.

Motor Services

Many services between Lake Louise, Yoho Valley and Emerald Lake, including the 24-Hour Motor Detour and the Lariat Trail, all passing Wapta Lake.

Outdoor Trips in Yoho National Park

Trail Trips. Wapta, Yoho and Lake O'Hara Camps are on the 6-day Circle Trail Trip. (See page 16.)

Wapta to Lake O'Hara (see above), Yoho Camp to Emerald Lake, Upper Yoho Valley and Burgess Pass (see page 20.)

Climbing—see under Emerald Lake (page 20) and Abbot Pass (page 16).

Fishing—occasionally some, in Wapta and Sherbrooke Lakes.



Lake O'Hara—seen from the Bungalow Camp
Painted by J. E. H. Macdonald

EMERALD LAKE AND THE YOHO VALLEY

ALL the points in Yoho National Park at which accommodation is provided for visitors are linked up, either by motor road or good trail; and therefore Emerald Lake is not only of itself one of the most popular centres, but also the axis for excursions to other places mentioned on preceding pages.

Field, a little railway town and divisional point that nestles at the foot of Mount Stephen—a giant that towers 6,500 feet above to a height of 10,485 feet above sea-level—is the point at which you descend from the train; or if you have come from Banff or Lake Louise, the motor-road brings you past Field. From the town it is seven miles out to Emerald Lake Chalet, by a fine road through the hush of a scented pine-forest.

Natural Bridge

Soon you reach Natural Bridge—an ineffectual effort on the part of nature to curb the foaming passage of the Kicking Horse by choking the river bed with huge boulders. A platform has been built across the cataract for the convenience of visitors, and on the other side there is a charming little Tea-House.

The road becomes Snowpeak Avenue—because at either end of its straight cathedral-stiff avenue can be seen a towering, snow-capped mountain.

Emerald Lake

The superb green of Emerald Lake is beyond Nature's achievement in any other lake in the Rockies. Tall pines crowd to the water's edge to see their perfect reflection, and to see inverted in the emerald mirror the snowy giants that surround it. Burgess looms at one end of the lake, while more distant are Wapta, Michael, President, Carnarvon and Emerald.

The Chalet

Emerald Lake Chalet, on the southern shore, is built of great squared timbers, fortress-like in their solidity, surrounded by log-cabin bungalows under whispering trees. The settlement now consists of three units—the original Chalet, the Club House, and the bungalows.

The Chalet, originally built several years ago, and recently enlarged, is along Swiss Chalet lines, with deep overhanging balconies. It contains the office, the dining room, and many bedrooms. The Club House is what its name implies; it is an especial favorite at nights, either the verandah, with its magnificent sunset and moonlight views, or indoors, where a good floor for dancing, comfortable chairs for lounging, card-tables, a library and a great log fire provide entertainment for all.

The bungalows were built recently as an annexe to take care of the overflow sleeping accommodation. They are of various sizes, most daintily and comfortably furnished, with hot and cold running water, bathrooms, stoves, clothes bureaux, etc. All of them have their individual verandahs, and the larger ones are 'en suite' with connecting doors.

Emerald Lake Chalet accommodates about 120 guests, and is open from June 15th to September 15th.

Emerald Lake has a fair supply of trout, and its vicinity affords many charming excursions on foot or by trail. There is a good trail all around the Lake, which is the shortest four and a half miles you've ever walked, and perhaps the loveliest, and another to Hamilton Falls. A boat-house provides skiffs for water excursions.

Summit Pass

One of the finest trail trips from Emerald Lake, on the back of a sturdy, sure-footed mountain pony, is to the Summit—the pass, that is to say, leading into the Yoho Valley. The return journey can be made in four hours afoot or by pony, but many people prefer to make it an all-day affair. Following



The Way to Emerald Lake—Snowpeak Avenue.

the road to the end of the Lake, you begin to climb up an eighteen hundred foot treeless cliff, while more and more of the world spreads out beneath you, and Emerald Lake far below grows smaller and greener.

A last stiff pull and you are over the top, cantering gaily through a cool moist forest, and then Summit Lake (or more properly, Yoho Lake), green like Emerald, but not so large, flashes in the clearing.

Here is situated a cosy little log-cabin Tea-House, where you can have much relished meals or sleep overnight.

Yoho Valley

From Summit Pass there is a good trail leading down to the Yoho Valley, coming out near the Bungalow Camp. The view from the top is a magnificent one of wide vistas, with Takakkaw Falls on the far side of the Valley.

Pausing near the Bungalow Camp, you can turn into the Upper Yoho Valley. A beautiful trail winds up the valley to Twin Falls and Yoho Glacier, passing Point Lace Falls, Angel's Stairs and Laughing Falls. Yoho Glacier lies at the Valley's end, a breath-taking wonderful sight. The curved top is of a whiteness beyond anything but that of what it is—névé snow. The lower seracs are each individualized in the clear air, with subtle blue shadows. It does not give a sense of horror as do some ice-fields; the beauty of it triumphs over that.

For the majority the ride up the valley to the culminating glacier is enough for one day, and fortunately there is no need to return, for opposite Twin Falls (two fast columns that drop almost perpendicularly) is Twin Falls Tea-House with sleeping accommodation overnight.

The High Trail

You can return by the "High Trail," mounting through Alpine meadows, carpeted with purple and white bryanthus, till you come out of the scent of wild flowers and balsam high over Yoho Valley. The sense of quiet disappears, and there comes to you as you ride along the edge of a sort of natural bastion the roar of waters and a sigh of wind. Across the valley, the great Waputik snowfield and Takakkaw Falls glimmer in the westerning sun and you can pick out in that clear air the faint black of the Canadian Pacific track going into the Spiral Tunnels beyond the Kicking Horse River. Soon you reach the Summit Lake again and the trail home.

Burgess Pass

Or from Summit Lake you can turn in another direction, round on to Burgess Pass, altitude 7,150 feet. It is a wonderful journey. The great crags of Wapta flaunt up to the left, and to the right, at every step, there appear higher up new visions of the President Range. The guide can point out to you the way to the now well-known Burgess Pass Fossil Quarry, which was discovered by Dr. Walcott in 1910, and has yielded to science the finest and largest series of Middle Cambrian fossils yet unearthed and the finest invertebrate fossils discovered in any formation. Descent can be made from the Pass down to Field.

Motor Trips from Emerald Lake

Field. Transfer at train time and on all other trips.

Lake Louise (see page 16)—Twice daily.

Kicking Horse Tea-House and Wapta Camp—on all trips to Lake Louise.

Yoho Valley. On various trips.

Yoho Circle Tour. Field, Yoho Valley, Emerald Lake and Field. Once daily.

Golden. Once daily (see 24-Hour Motor Detour, page 24).

The Lariat Trail (see page 24) spends the second night at Emerald Lake.

Ottertail Road, via Field, following south side of Kicking Horse River—by arrangement.

Outdoor Trips at Emerald Lake

Trail Trips Over Summit Pass to Yoho Valley Camp, or by branch into either the upper Yoho Valley or over Burgess Pass to Field (see above). Emerald Lake is on the 6-day Circle Trail Trip (see page 16).

Climbing. Mounts President, Vice-President, Burgess and Wapta; at Field, Mount Stephen. These are all fairly hard climbs. There is another fine climb from Field over Dennis Pass between Mounts Stephen and Dennis, thence over Duchesnay Pass and down to the Lake O'Hara trail.

Fishing—occasionally, in Emerald Lake.

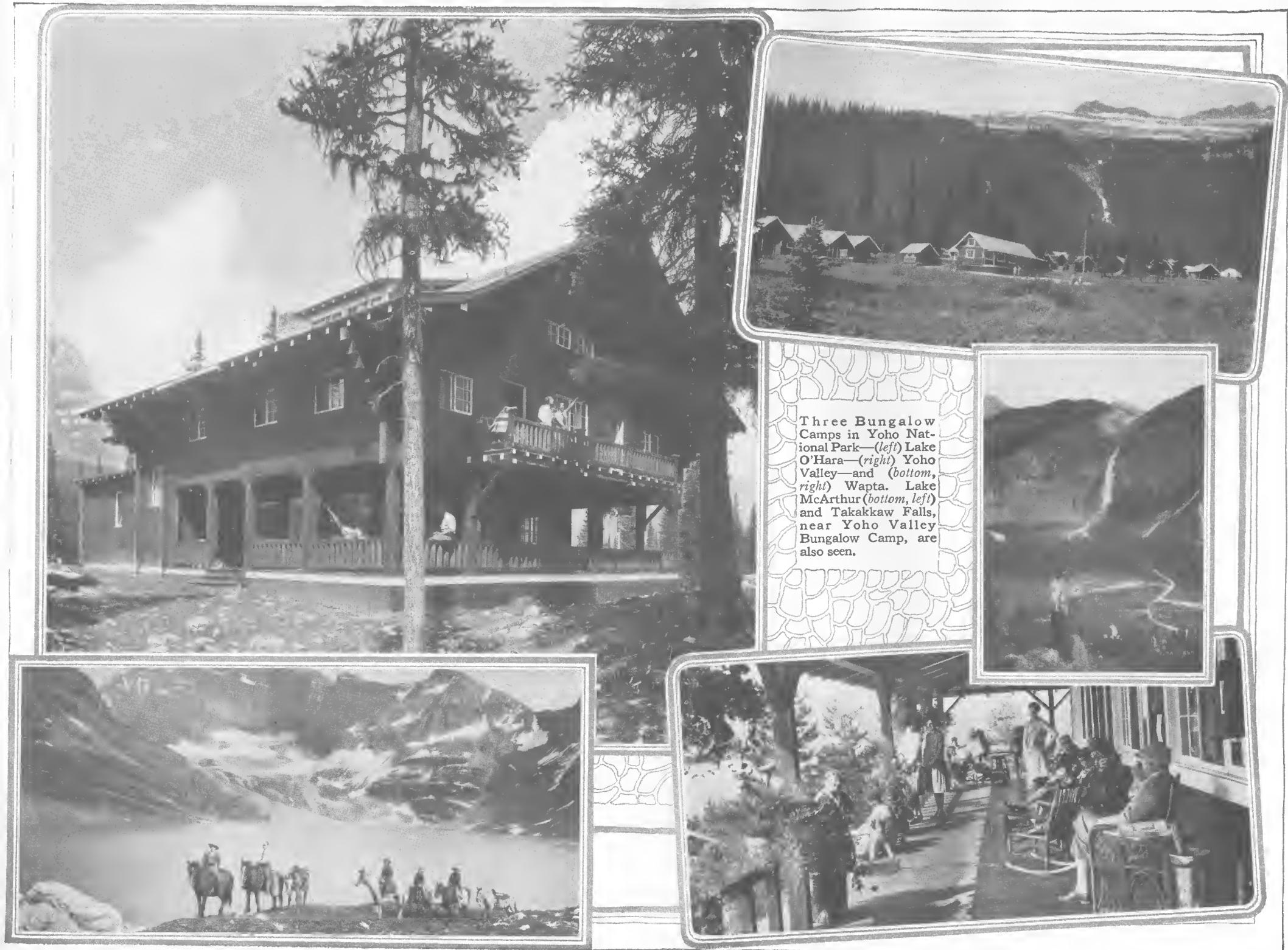
Circle Trips

Yoho National Park offers every inducement to linger for weeks; but by means of these bungalow camps, which serve as focal points for the fine series of roads, it is possible to visit it thoroughly without retracing one's steps.



Emerald Lake—seen from the Chalet
Painted by Hal Ross Perrigard, A.R.C.A.





MOTORING AND TRAIL RIDING IN THE ROCKIES

THE comprehensive programme of road-construction carried on by the National Parks Department of the Canadian Government during the past few years has rendered easily accessible some of the most magnificent scenery in the Canadian Pacific Rockies. These roads are of hard, stable construction. Excellent automobile services (both private cars and organized sight-seeing busses) greatly enhance the pleasure of the visitor.

24-Hour Motor Detour

One of the finest of these organized automobile excursions is the new "24-Hour Motor Detour" which will be inaugurated in the summer of 1928. This is from Banff to Golden, and gives a rapid survey of the "highlights" of the nearer mountain region. Leaving Banff after lunch, a 42-mile run is made to Lake Louise, and the night spent at the Chateau Lake Louise. Next morning the journey continues to the Great Divide, Wapta Lake, the Kicking Horse Pass, Yoho Valley, Emerald Lake, the Kicking Horse Canyon, and Golden. Similar schedules are established in the reverse direction.

This Detour is so timed as to waste no time, but to pick through passengers up soon after their arrival at either Banff (going westward) or Golden (going eastward), and to set them down at the other end of the trip in time to take their train. Special arrangements are made for handling baggage and sleeping-car reservations. The length of the detour, including a sight-seeing ride round Banff, is 142 miles.

We have issued a special detailed circular about this very attractive excursion, which can be procured from all Canadian Pacific agencies.

Banff-Windermere Road

The famous Banff-Windermere Road, pioneer and still perhaps the leader of the mountain roads, takes you into a magnificent section. In length 104 miles, it runs from Banff over the Vermilion Pass (altitude 5,264 feet) into Kootenay National Park, and then follows the Vermilion and Kootenay Rivers until within a few miles of Sinclair Pass. Passing through Sinclair Canyon, the road emerges after several miles into the Columbia River Valley and soon reaches the beautiful Lake Windermere.

To afford accommodation for those making this trip, the Canadian Pacific has erected four bungalow camps en route. These halts for either meals or sleeping accommodation are conveniently spaced as to distance: they are Castle Mountain Bungalow Camp (26 miles from either Banff or Lake Louise), Vermilion River Camp (50 miles), Radium Hot Springs Camp (91 miles) and Lake Windermere Camp (104 miles). Each has a central club house for dining and recreational purposes, and sleeping accommodation in separate log bungalows.

Lake Windermere Camp is a centre for excursions up Toby Creek and Horse Thief Creek to the great ice fields of the Selkirks, notably the Lake of the Hanging Glaciers (which will be the scene, in 1928, of the annual ride of the Trail Riders Association). Bathing, riding, boating, fishing and motoring can be enjoyed on the shores of Lake Windermere, and good trout fishing can be found in nearby creeks and some of the smaller lakes.

The Columbia River Highway runs from Golden to Lake Windermere, thus forming, in connection with the Banff-Windermere Road and the continuous Banff-Golden Road, a complete circuit of three National Parks—Rocky Mountains, Yoho and Kootenay. A very fine excursion, called "the Lariat Trail," occupying three days, is organized to leave Banff twice a week in the summer months to embrace all these. Leaving Banff, it proceeds to Castle Mountain, turns south along the Banff-Windermere Road as far as Radium Hot Springs (where



The new Kicking Horse Trail, from Emerald Lake to Golden.

the first night is spent), thence turns north to Golden and east along the Kicking Horse Canyon to Emerald Lake (second night). The third day it runs to Yoho Valley, Wapta Lake, the Great Divide, Lake Louise and Banff.

A two-day "all expense tour" from either Banff or Lake Louise to Lake Windermere Camp and return is also operated three times a week during the summer months.

Other Motor Tours

Local trips around Banff, Lake Louise, Yoho Valley and Emerald Lake will be found described under those heads on other pages.

The Columbia River Highway continues south of Lake Windermere to Cranbrook, whence one can proceed to Spokane, Seattle, Los Angeles or Vancouver; or, turning eastward, through the Crow's Nest Pass to Macleod, Lethbridge, Calgary or points south. Waterton Lakes Park can be reached from this route.

Trail Riding

Reference is made at various points in this publication to saddle-pony trips. A trail trip into the depths of the mountains forms, indeed, the most enjoyable way of visiting beautiful spots that would not otherwise be easily accessible.

The mountain pony, mountain-bred, fool-proof, untiring, can be ridden by practically anyone, whether he or she has ever before been on a horse or not. From all hotels and bungalow camps in the Canadian Pacific Rockies, there are good roads and trails radiating in all directions, which are kept up by the National Parks Department. Some trail trips are of one day's duration only; others stretch over several days, necessitating carrying camping outfit. It is customary on all long trips, and

even on some short ones, to engage guides who supply horses, tents, food, etc., and do the necessary cooking. The new Circle Trail Ride starting from Lake Louise will, however, simplify the problem of packhorses, as every night but one will be spent in a bungalow camp.

Trail Riders

Those who have ridden fifty miles or upwards in the Canadian Rockies are qualified for membership in the Trail Riders of the Canadian Rockies, which affords an unusual opportunity for those interested in trail-riding to get together. The aims of the Trail Riders' Association are, principally, to encourage travel on horseback through the Canadian Rockies, to foster the maintenance and improvement of old trails and the building of new trails, and to encourage the love of out-door life.

Membership is of several grades, according to the distance ridden—50, 100, 500, 1,000 and 2,500 miles. There are now 1,000 members.

Official Ride

Each year an annual "Pow-Wow" and Official Ride is held, lasting several days and bringing together a large number of men and women interested in the fine recreation of trail-riding. The 1928 Official Ride will be from Horse Thief Creek, near Lake Windermere, to the spectacular Lake of the Hanging Glaciers. Automobiles will take intending riders to the starting point, from either Lake Windermere, Banff or Lake Louise. A special round trip rate of \$10.00 per head for parties of not less than four from Banff to the starting point has been arranged in connection with this annual Official Ride, which will start early in August and last five days. Rate, including horse, food, and share of tent, will be \$50.00, exclusive of automobile. Riders must bring their own sleeping bags and blankets. Reservations must be made at least 14 days in advance to the Secretary-Treasurer, Mr. J. M. Gibbon, Room 324, Windsor Station, Montreal, Que.

Circle Rides

In addition to this official ride, circle trail rides will be operated during July and August around the Bungalow Camps from Lake Louise on a trip lasting six days. Another circle trail ride will be operated weekly from Banff to Stoney Lake, Sawback Lake and Mystic Lake. On this trip there is some magnificent scenery and also, usually, good fishing.

These circle trips will be operated under the auspices of the Trail Riders of the Canadian Rockies and under the direction of Colonel Phil A. Moore, whose office is at Lake Louise. Rates for both these rides are \$10.00 per day, inclusive of pony, food and sleeping accommodation in either tents or bungalow camps,—except for the Emerald Lake day, which will be \$12.00.

On to the Pacific

From Golden, the Canadian Pacific ascends the second of the great backbone ranges, the Selkirks, and enters Glacier National Park. The Selkirk Range, smaller in size than the Rockies, is geologically much older; with its massive peaks and giant glaciers, it has somewhat of an air of isolation and mystery. At the present time, there is no hotel or camp accommodation.

Mount Revelstoke Park, close to Glacier, and altogether a mountain-top one, provides a wonderful automobile trip. A road has been constructed by the Government to the very summit.

Sicamous, or Shuswap Lake, is a favorite stop-over point for those who wish to view the mountain panorama entirely by daylight. A charming hotel is operated here by the Canadian Pacific.



The Yoho Glacier—near Yoho Valley Bungalow Camp
From a pastel by Leonard Richmond, R.B.A., R.O.I.



Trail Riding takes you into the heart of the mountains—and, on mountain ponies, is easy even for the novice. Organized rides are arranged by the Trail Riders Association. Mountain Climbing, too, is at its best here.





The Lake of the Hanging Glaciers

Where this summer (1928) will be held the Annual Camp of the Alpine Club of Canada
and the Annual Pow-Wow of the Trail Riders of the Canadian Rockies

Painted by Richard M. Kimbel

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